



## Fall is here!

### The coziest season of the year has started

And we all know what that means: leaves falling from trees, the last rays of sunshine, chai latte, comfort foods, candles and - of course - pumpkins. I kicked off the fall-season with a visit to **Pumpkimanía**.

The Swiss Jucker Farm has returned once again to the Castle of Grand-Bigard in Belgium and set up a circus-themed festival on the castle grounds. There's an amazing variety of pumpkins, which you can buy or taste at the food court. It's the perfect trip for the start of fall and a fun activity for the whole family!

After exploring some wonderful places in my own country, I've got some exciting trips lined up... Be sure to check out the next newsletter for my stories from **Cornwall, London and Andalusia!**



## Recipes

This month, I'd like to inspire you with a selection of recipes that are perfect to start the fall season with. Curl up under a blanket with your selfmade masala chai, or make a savory bread from the insides of your carved Halloween pumpkin.



### Masala chai

This spicy and creamy tea will warm you up when the temperatures outside are getting colder. Open up your spice cabinet and let the aroma of masala chai transport you to India.

Masala chai



### Duck breast with roasted figs

Fig season is almost over, so take your chance to cook with them while they're still fresh. I love them roasted and combined with juicy duck breast.

Duck breast with roasted figs



### Pumpkin bread

Pumpkins are more than just pretty decoration for fall, you can also use them to cook delicious things. I'll show you how to make tasty pumpkin bread.

Pumpkin bread



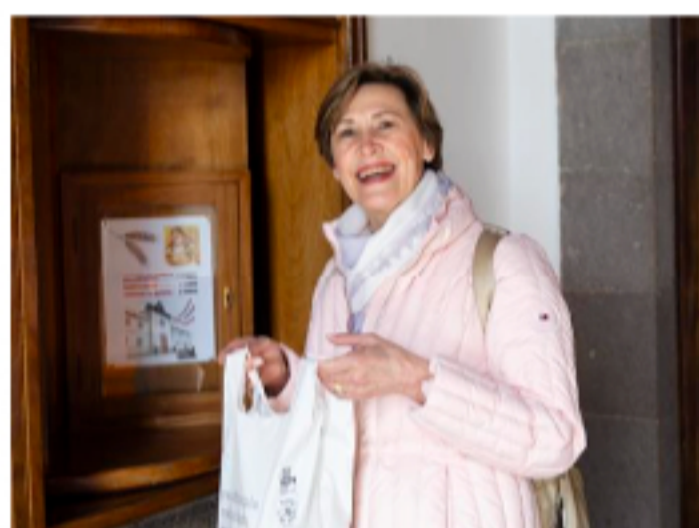
### Apple butter

A delicious paste to spread on your freshly made pumpkin bread! If you have a slow-cooker, you can make this apple butter in no time.

Apple butter

## Travel stories

Two popular destinations and two rather unknown locations, all four of them have two things in common: it's heaven for foodies and they're my top fall getaways. Whether you want to embrace the autumn vibes or escape the cold, these destinations have you covered!



### Gran Canaria, an island full of flavors

Waters full of fish, meat from small animals and plenty of fruits and vegetables. You'll find this and much more flavors on the island that became a center of trade with Europe, Africa and the Americas.

Gran Canaria



### Milan: fashion, art and gastronomy

Whoever says Milan, also says fashion and design. The financial heart of Italy offers a wealth of sights and gastronomic experiences. Make the most of your trip with my tips and discover my favorite addresses!

Milan



### A romantic weekend getaway in the Cotswolds

If you enjoy road tripping and village hopping, this is the right destination for you. The picturesque Cotswolds are wildly popular with both nature lovers and food lovers.

Cotswolds



### Gourmet cuisine on the Isle of Skye

This island, located on the northwest of Scotland, is known for its breathtaking scenery, mysterious castles and unpredictable climate, but is also the place to be for foodies.

Isle of Skye

## Stay up to date!

Go check out all of my travel and food stories on the website, or follow Spice&Ginger on social media.

Good travels!

Check out Spice&Ginger

